

**AMENDMENTS TO THE CLAIMS**

The following listing of claims replaces all prior listings and versions of claims in this application.

1-21. (Cancelled)

22. (Currently Amended) A composition for oral or enteral administration comprising one or more viscous soluble fiber(s) and one or more viscosity-lowering protein(s), wherein said one or more viscous soluble fiber(s) is selected from the group consisting of agar, alginates, carubin, pectin, beta-glucan, carrageenan, furcellaran, arabinogalactan, pectin and its derivatives, cellulose and its derivatives, scleroglucan, psyllium and gums; and

said one or more viscosity-lowering protein(s) is moderately hydrolyzed and is selected from the group consisting of wheat protein, egg protein, collagen, whey protein, casein, soy protein, pea protein, muscle protein, gluten, fibrillar protein, silk protein and combinations thereof;

wherein said one or more viscosity-lowering protein(s) is present in an amount to lower the viscosity of viscous soluble fibers in the composition to less than about 500 mPas at room temperature such that the composition is less viscous than the same composition in which the viscosity-lowering protein is absent to facilitate administration thereof, and wherein the composition does not comprise inulin.

23. (Cancelled)

24. (Previously Presented) The composition of claim 22, wherein the weight ratio of said fiber to said protein is from about 0.01:1 to about 20:1.

25. (Previously Presented) The composition of claims 22, wherein the weight of said viscous soluble fiber(s) is about 1% to about 10% by weight of the total weight of the composition.

26. (Previously Presented) The composition of claim 22, wherein said one or more viscous soluble fiber(s) is at least one of gum, mucilage, carrageenan, pectin, and beta-glucan.

27. (Previously Presented) The composition of claim 26, wherein said gum is at least one of konjac gum, locust bean gum, tare bean gum, gum tragacanth, karaya gum, xanthan gum, arabic gum, guar gum, and gellan gum.

28. (Previously Presented ) The composition of claim 22, wherein the composition is in form of a drink.

29. (Previously Presented) A medicament or nutritional composition for the treatment of metabolic syndrome and/or diabetes and/or for lowering blood cholesterol level comprising the composition of claim 22.

30. (Previously Presented) A non-viscous composition for oral or enteral administration consisting essentially of one or more viscous soluble fiber(s) and one or more viscosity-lowering protein(s),

said one or more viscous soluble fiber(s) is selected from the group consisting of agar, alginates, carubin, pectin, beta-glucan, carrageenan, furcellaran, arabinogalactan, pectin and its derivatives, cellulose and its derivatives, scleroglucan, psyllium and gums; and

said one or more viscosity-lowering protein(s) is moderately hydrolyzed and is selected from the group consisting of wheat protein, egg protein, collagen, whey protein, casein, soy protein, pea protein, muscle protein, gluten, fibrillar protein, silk protein and combinations thereof;

wherein said one or more viscosity-lowering protein(s) is present in an amount to lower the viscosity of viscous soluble fibers in the composition to less than about 500 mPas at room temperature such that the composition is less viscous than the same composition in which the viscosity-lowering protein is absent to facilitate administration thereof.

31. (Cancelled)

32. (Previously Presented) The composition of claim 30, wherein the weight ratio of said fiber to said protein is from about 0.01:1 to about 20:1.

33. (Previously Presented) The composition of claims 30, wherein the weight of said viscous soluble fiber(s) is about 1% to about 10% by weight of the total weight of the composition.

34. (Cancelled)

35. (Previously Presented) The composition of claim 30, wherein said one or more viscous soluble fiber(s) is at least one of gum, mucilage, carrageenan, pectin, and beta-glucan.

36. (Previously Presented) The composition of claim 35, wherein said gum is at least one of konjac gum, locust bean gum, tare bean gum, gum tragacanth, karaya gum, xanthan gum, waft gum, guar gum, and gellan gum.

37. (Previously Presented) The composition of claim 30, wherein the composition is in form of a drink.

38. (Previously Presented) A medicament or nutritional composition for the treatment of metabolic syndrome and/or diabetes and/or for lowering blood cholesterol level comprising the composition of claim 30.

39-51. (Cancelled)

52. (Previously Presented) The composition of claim 22, wherein said one or more viscous soluble fiber(s) is beta-glucan.

53. (Previously Presented) The composition of claim 52, wherein said beta-glucan is oat beta-glucan.

54. (Previously Presented) The composition of claim 30, wherein said one or more viscous soluble fiber(s) is beta-glucan.

55. (Previously Presented) The composition of claim 54, wherein said beta-glucan is oat beta-glucan.

56. (Withdrawn, Previously Presented) A method of treating metabolic syndrome and/or diabetes, and/or of lowering blood cholesterol level in a mammal in need of such a treatment which comprises administering to said mammal an effective amount of a composition of claim 22.

57. (Withdrawn, Previously Presented) The method of claim 56, wherein said mammal is a human.

58. (Withdrawn, Previously Presented) A method of treating metabolic syndrome and/or diabetes, and/or of lowering blood cholesterol level in a mammal in need of such a treatment which comprises administering to said mammal an effective amount of a composition of claim 30.

59. (Withdrawn, Previously Presented) The method of claim 58, wherein said mammal is a human.

60. (Withdrawn, Previously Presented) A method of providing viscous soluble fibers to a mammal in need of such fibers which comprises administering to said mammal a composition an effective amount of a composition of claim 22.

61. (Withdrawn, Previously Presented) The method of claim 60, wherein said mammal is a human.

62. (Withdrawn, Previously Presented) A method of providing viscous soluble fibers to a mammal in need of such fibers which comprises administering to said mammal a composition an effective amount of a composition of claim 30.

63. (Withdrawn, Previously Presented) The method of claim 62, wherein said mammal is a human.